

Aggressive Driving

This is an interactive two hour class aimed at identifying misconceptions associated with the proper operation of a vehicle and adherence to state traffic laws. Instruction will be given that provides the tools necessary for modifying aggressive driving behavior and enhancing safe driving skills.

2 Hour Course

Topics

- Identification of Aggressive Driving Behavior
- Consequences of Aggressive Driving
- Prevention of Involvement in Road Incidents
- Lifelong Driver Self-Improvement

Mad as hell and taking it on the road: Sometimes a long drive seems like just the thing to calm you down. In reality, it could be the worst thing to do when you're angry or upset. Driving angry is like driving drunk. Your judgment is off, you're probably very upset and you don't realize that you're flooring the gas pedal. To prevent an ugly situation from getting uglier, just stay away from anything with wheels until your heart rate has returned to normal.

(Photo courtesy of iStockPhoto)

